



Niagara Marathon 2026 June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Let's Go! 8K Social Run	19	20 EASY 5-6K Easy Run
21 START! 16-18K Long Run	22	23 BUILDUP 2x4K Progress from EZ – Fluid	24	25 DUST-OFF 8-10K Shake the Dust-Off run	26 EASY 7K Easy Run	27
28 20K Long Run	29	30 1-2Punch WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				


Niagara Marathon 2026 July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLS 7 Hill Repeats Road or Trail	3 EASY 9K Easy Run	4
5 22K Long Run	6	7 10K TEST Race a 10K to set your mark	8 BQ/PB 8K Easy Run – No Watch	9 PYLONS 3 Sets of Pylons	10	11 TEMPO 40 Minute Tempo Run!!
12 16K Special	13 EASY 6K Easy Run	14 S-HILL'S 3K + 10 Hills + 3K	15	16 HILLS 9 Hill Repeats Road or Trail	17 BQ/PB 6-7K Easy Run	18
19 24K Long Run	20	21 1-2Punch WU + 8 sets of: 1Min HD 2 EZ 2Min HD 1 EZ	22	23 The REID 40 Minutes of Rolling Hills	24 EASY 8K Easy Run	25
26 21K Long with 5K@RP	27	28 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	29 BQ/PB 7K Easy Run	30 PYLONS 4 Sets of Pylons	31	


Niagara Marathon 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 9K Easy Run
2 26K Progress to Race Pace	3	4 10K TEST 10K Race on same course	5 BQ/PB 10K Easy Run – No Watch	6 HILLS 10 Hill Repeats Road or Trail	7	8 TEMPO 40 Minute Tempo Run!!
9 16K Special	10 EASY 6k Easy Run	11 S-HILL'S 3K + 12 Hills + 3K	12	13 TRACK 5x1K PROG. Mar, 1/2, 10K, 5K, 3K With Dr. Steve	14 BQ/PB 7-8K Easy Run	15
16 28K Long Run	17	18 EASY 10K Easy Run	19 PROG 8K Progress from EZ to RP	20 PYLONS 4 Sets+	21	22 BUILD Wu+ 3x3K Loop. Mara, 1/2, 10K
23 24K Long with 2x5K@RP	24	25 VO2 Max 11Min EZ + 4Min @ 95% X3	26 BQ/PB 4K Easy + 6K@RP	27 TRACK Whistle Workout #1 with Dr. Steve	28	29 EASY 6K Easy Run
30 30K Long Run	31					

Niagara Marathon 2026 September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10K TEST 10K Race on same course	2 BQ/PB 10K Easy Run – No Watch	3 TRACK 5x1K PROG. Mar, 1/2, 10K, 5K, 3K With Dr. Steve	4	5 TEMPO 40 Minute Tempo Run!!
6 16K Special	7	8 S-HILL'S 3K + 12 Hills + 3K	9 EASY 15K Medium Long Run	10 YASSO 8x800m equal recovery time	11	12 BQ/PB 45 Minute Hilly Run. Trails?
13 32K Long Run	14	15 The REID 50 Minutes of Rolling Hills	16	17 BUILD Wu+ 3x4K Loop. Mara, 1/2, 10K	18	19 TEMPO 50 Minute Tempo Run!!
20 21K Long with 10K@RP	21	22 VO2 Max 8Min EZ + 4Min @ 95% X4	23 BQ/PB 8K Easy Run	24 TRACK Whistle Workout #2 with Dr. Steve	25 EASY 9K Easy Run	26
27 34K Long with 12-20K@RP	28	29 EASY 10K Easy Run	30			

Niagara Marathon 2026 October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 IN & OUTS 2x3200m Track In & Outs	2 EASY 8K Easy Run	3
4 37K Long Run	5	6 FLUSH 8K Flush out the legs run	7 BQ/PB 10K Easy Run – No Watch	8 YASSO 10x800m equal recovery time	9	10 TEMPO 40 Minute Tempo Run!!
11 20K Long with 3K@RP	12	13 Race Pace 8x1K @ Target Race Pace	14 BQ/PB 10K Easy Run	15 SPEEDUP 2x5K Progress from EZ to FAST	16	17 EASY 6-8K Easy Run
18 14K Taper Run	19	20 Taper Break 7K Run with 6 accelerations	21	22 EASY 6-8K Easy Run	23	24 JOG+ 4K Easy Run + 3 Accelerations
25 RACE DAY!	26	27	28	29	30	31